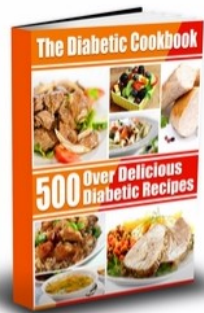


# **Diabetes Diet:**

## ***The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Recipes to Lower Blood Sugar***

*Janie Sanders*

**Wait Before you Continue.... Make sure to download your FREE GIFT NOW! You get **Over 500 Delicious Diabetic Recipes In This Amazing Diabetic Cookbook** all for free. [Click here for instant access](#)**



**"Get FREE Instant Access To Over 500 Delicious Diabetic Recipes In This Amazing Diabetic Cookbook + FREE Tips for a Diabetes Diet Email Series [\$97 Value]"**

When you sign up today, you Get all the above plus FREE Subscriber-only Diabetes diet advice, tips and tricks via email including a FREE Weight loss and exercise for Diabetes report.  
Get instant access now

**[Download Now!](#)**

[Get My Free Report Now!](#)

**[Click here for instant access](#)**

© Copyright 2015 by Digital Print House, LLC. - All rights reserved.

Published at Smashwords by Janie Sanders

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.



# **Table of Contents**

[INTRODUCTION](#)

[CHAPTER 1: Blood Sugar Basics](#)

[Blood Sugar 101](#)

[The Rise and Fall](#)

[Let's Get Balanced!](#)

[CHAPTER 2: How Sweet It Is: Fruits and Berries that Lower Your Blood Sugar](#)

[20 Best Fruits for Blood Sugar](#)

[The 10 Best Berries for Lowering Your Blood Sugar](#)

[CHAPTER 3: Eat Your Veggies to Keep Your Blood Sugar Low](#)

[Veggie Tales](#)

[Top 20 Vegetables for Managing Your Blood Sugar](#)

[CHAPTER 4: Spice it Up: Herbs and Spices Conducive to Lowering Blood Sugar](#)

[Put a Little Spice in Your Dice](#)

[CHAPTER 5: Unusual Foods that are unusually good to Lower Blood Sugar](#)

[CHAPTER 6: Meats that Meet the Lower Sugar Goal](#)

[CHAPTER 7: 15 Delicious Recipes to Lower your Blood Sugar](#)

[Chapter 8: Good Habits are hard to Break](#)

[CONCLUSION](#)

## Introduction

I want to thank and congratulate you for downloading the book, *“Diabetes Diet: The Top 100 Diabetic Foods to Eat for a Highly Effective Diabetes Diet and 15 Recipes to Lower Blood Sugar”*.

Diabetes and other blood sugar conditions such as Insulin Resistance and Prediabetes are nearing epidemic proportions worldwide. The numbers are staggering. Over 371 million people suffer from Diabetes globally, not to mention other serious blood sugar conditions. High blood sugar can lead to dialysis, stroke, heart disease, blindness, coma and even death.

The good news is that you can control your blood sugar levels. Through exercise, lowering your stress levels and most importantly, with a conducive diet, you can take the bull by the horn and have a healthy and happy life. You can lower your blood sugar by eating the 100 delicious, nutritious foods in this book.

Not only do you get a great list of foods that will help you control your blood sugar, you will also learn what other benefits these foods have. Berries are rich in fiber, anti-oxidants and some, like Golden Berry, have ingredients that can help prevent cancer. Others have anti-inflammatory qualities, a goldmine for Diabetics who are often plagued with painful inflammation.

In this book, you will not only find 100 of the best foods for Diabetics and their benefits but also, 15 great recipes to help you lower your blood sugar. You will love these delicious recipes and the way they make you feel.

Diabetes and blood sugar conditions are serious. High blood sugar can be fatal. But, you can control your glucose levels by eating wisely, so read on to learn how. Once you get the hang of eating these foods regularly, it will become something you will want to do over and over because they are delicious and they will make you feel better than ever. Then, you will replace bad eating habits with good ones.

If you want to feel your best, it's time to get started today.

Thanks again for downloading this book, I hope you enjoy it!

# **Chapter 1: Blood Sugar Basics**

## **Blood Sugar 101**

Diabetes and other high blood sugar conditions are a growing concern in the world today. The International Diabetes Federation estimates that 371 million people across the globe suffer from Diabetes and even more have blood sugar issues in other forms such as Prediabetes, Insulin Resistance and Hypo or Hyperglycemia. The numbers are staggering and are growing by the minute.

There are two types of Diabetes, Type 1 and Type 2. Ninety percent of those have Type 2. This kind can be controlled to a large extent by eating foods that are conducive to lowering sugar. In addition, there are such conditions as Prediabetes and Insulin Resistance which can be improved by the lowering of blood sugar.

The most alarming fact is that the situation seems to be spiraling out of control. Instead of getting better, it is getting worse. Type 2 Diabetes used to be predominantly for people over or around the age of 40. Sometimes symptoms came on earlier but it was not often heard of under the age of 30. More and more juveniles and young adults in America are being diagnosed everyday now though. Why? The typical American diet is so laden with sugar, processed foods and starches. It is causing the population to fall victim to blood sugar issues earlier in life.

What can be done to change the course of Diabetes and high blood sugar conditions? Awareness and Action are key. The more you know about what you can do to lower your sugar and the foods that will help you do so, the quicker you can get started doing so.

Read on to learn more about high blood sugar so that you can make informed decisions regarding things that can be done to help lower your blood sugar. Once you understand the nuts and bolts of the disease better, taking action makes more sense. Your blood sugar is not going to lower itself. You must do something. Change requires action and the time to get started is now, before it's too late. So, let's not waste another minute. High blood sugar can be controlled and it's up to you to do so.

## **The Rise and Fall**

What's the big deal about high blood sugar anyway? What is blood sugar? And, most importantly, what can be done about it?

Blood sugar is another word for the quantity of glucose in the blood. Glucose is a simple sugar that is a prime energy source for organs and cells within the body

which enables them to function. This energy helps the heart to pump blood, the muscles to lift things and the brain to think. Glucose, or blood sugar, comes from the foods that we eat like sugar, starches and some carbohydrates.

Blood sugar is concentrated after we eat. The pancreas then releases a hormone called insulin that allows the glucose to come into the cells. As glucose begins to fill the cells, blood sugar lowers and in a healthy person, returns to normal. This is because much of the sugar is being transported into the cells to be used for fuel, or energy. Any excess sugar in the blood is stored in the muscles and liver and is known as glycogen.

In the event that you go without eating for a period of time, your blood sugar will drop. While high blood sugar is dangerous and can send the body into a coma or cause death, low blood sugar can cause grave problems as well. In order to prevent the glucose level to get too low, another hormone is released from the pancreas, glucagon which initiates the breakdown of glycogen (the excess sugar) into glucose, or blood sugar, so that the levels come back to a normal state.

A person with Diabetes, Prediabetes and Insulin Resistance have issues with insulin. Without insulin properly working to get the blood sugar converted into energy for the organs, the organs are without energy and the blood is dangerously overloaded with sugar.

Blood sugar should be lower than 100 mg/Dl after fasting (not eating for 8 hours or so) and less than 140 mg/Dl after eating. It goes without saying that the more sugar you have in your blood, the more your body has to work to get it to correct levels so it is vital that you eat wisely in order to keep your blood sugar lowered.

### **Let's Get Balanced!**

Skyrocketing blood sugar is, in essence, toxic to your body. It can damage your organs and cause such things as nerve damage, heart disease, dialysis, stroke and blindness not to mention coma and death.

When it comes to balancing your blood sugar, diet, exercise and stress levels play a huge role. The good news is that you have the power to take charge of your life. You can become more physically active, do things to lower your stress levels and control what you eat. You are in charge when it comes to balancing your blood sugar, at least to a large extent. So let's find out what you can do to lower it.



## Chapter 2: How Sweet It Is: Fruits and Berries that Lower Blood Sugar

### How it Works

Fruits are commonly thought to raise blood sugar but it depends on what type of fruit as to if it helps or hinders in the goal of lowering glucose levels.

According to the Harvard School of Public Health, fruit contains sugar and although it is natural sugar, it can certainly send your blood sugar spiraling up. Fruit also contains carbohydrates which do the same. Fruits that are high in fiber, however, slows the absorption of the sugar so the higher the fiber in a fruit or berry, the better.

The Glycemic Index is a way you can measure the carbohydrates in foods in accordance of how they affect the levels of blood sugar. Those containing carbs with a low GI value of 55 or less digest more slowly and therefore absorb slower as well and metabolize best. The lower a food is on the index, the more conducive it is to lowering and balancing blood sugar.

### 20 Best Fruits for Blood Sugar

Fiber helps to prevent blood sugar spikes in fruits. It actually traps nutrients inside its gel and slows down digestion while high sugar and starches or foods that are high on the GI scale, quickly increase blood sugar, or glucose and cause the pancreas to shoot out insulin at a high rate.

In addition, the fiber binds with water, 20 to 200 times its weight. It takes on friendly bacteria that is used to fight off infections and germs within the body.

What it all boils down to is that fruit with fiber are the best ones for those with Diabetes and other glucose issues. Here are ten good choices of fruits that contain a lot of fiber that will help keep your blood sugar lowered:

- 1. Apples.** Apples are loaded with anti-oxidants and help aid digestion, both of which are optimal for sugar issues. When choosing apples, it is best to go for the ones that are tart and less sweet.
- 2. Peaches.** Peaches are rich in fiber as well as anti-oxidants. They are less than 30 on the GI making them an excellent choice to keep blood sugar balanced. Peaches also contain potassium.
- 3. Oranges.** Oranges are a good pick but avoid orange juice as the sugar in it absorbs quickly and can cause a spike in glucose.

**4. Mangoes.** Although Mangoes are very sweet, it has been discovered that they can actually help lower blood sugar. They help fight inflammation which is very helpful in lowering glucose levels and also contain mangiferin, an anti-oxidant that is extremely conducive to keeping high blood sugar at bay.

**5. Bananas.** Bananas are one of the highest sugar content when it comes to fruit but they can be eaten within reason because they do have fiber in them as well. In addition, bananas are filling so they help keep you from really blowing your diet by grabbing a candy bar or other sugar laden snack.

**6. Persimmons.** Persimmons are one of the best choices when it comes to fruits that can safely be consumed when you have high blood sugar.

**7. Guava.** Guavas are high in fiber and loaded with vitamin C. They help to regulate your blood sugar so enjoy them when you can.

**8. Grapes.** Grapes are rich in anti-oxidants which fight oxidative stress, making them great for those with high blood sugar.

**9. Pineapples.** Once thought of as a “no-no” for Diabetics, pineapple contains both anti-oxidants and fiber so they are actually helpful in lowering blood sugar but of course should be eaten wisely in accordance with counting carbs,

**10. Lemons.** Lemons are oozing with vitamin C. They help Diabetics steer clear of infections that they are susceptible to. In addition, Lemons are high in fiber so they help keep blood sugar low.

**11. Cherries.** Cherries are full of anti-oxidants and are low carb too. They are excellent for keeping blood sugar under control.

**12. Apricots.** Apricots weigh in at only 17 calories and 4 grams of carbs. One service provides half of your daily vitamin A recommendation and they are full of fiber which makes the perfect for combating high blood sugar.

**13. Pears.** Pears are a great source of fiber and also are rich in vitamin K which increases your insulin sensitivity, excellent for Diabetics and Insulin Resistance as well.

**14. Kiwi.** Kiwis pack in a delicious sweet and tart flavor and a ton of nutrients too like potassium and vitamin C. They are high in fiber which makes them a wise choice for those wishing to control blood glucose levels.

**15. Avocados.** Contrary to popular belief, Avocados are good for lowering blood sugar. It contains fat but it is a good fat which is needed by the body. It also has electrolytes namely, potassium and magnesium. The ratio of carbs to fiber are excellent in Avocados which some say actually has the ability to negate the need for insulin shots or pills.

**16. Plums.** Plums are low on the GI and have a lot of fiber and anti-oxidants too so they are a good fruit to eat to keep your blood sugar balanced.

**17. Pineapple.** Although Pineapple has a moderately low glycemic level so it is fine to eat them, a fact that is not commonly known. Many think that because Pineapple are so sweet, they are off limits. Dried or canned Pineapple are a different story, however. Pineapple are loaded with vitamins so eat them but do so wisely as with any fruit.

**18. Grapefruit.** Grapefruit contain chromium which research shows is great for lowering blood sugar. They are also rich in vitamins and minerals that are good for keeping blood sugar low.

**19. Starfruit.** Starfruit is known to be very good in preventing high blood sugar. It is rich in fiber as well as anti-oxidants and dietary fiber, pantothenic acid, potassium and copper.

**20. Papaya.** Papaya has a medium listing on the GI but it is rich in fiber so it is still good for keeping high blood sugar at bay. It has beta carotene, and vitamins C, B and A.

## **The 10 Best Berries for Your Blood Sugar**

Berries are especially good for delaying sugar absorption.

**1. Acai Berries.** Along with being rich in anti-oxidants and high in fiber, Acai Berries have amino acids in them. Amino acids help to keep blood sugar from getting high.

**2. Strawberries.** Strawberries are good for Diabetics because they don't raise blood sugar much and are low on the Glycemic Index although some have the misconception that they are off limits because they are so sweet. They are also loaded with anti-oxidants so they help keep those with blood sugar issues well which is extremely important as having even a slight cold or flu can raise blood sugar.

**3. Camu Camu Fruit.** Brought to you from the Amazon rain forest, these red berries are a godsend for high blood sugar. They are packed with vitamin C to help keep your body healthy and assist in lowering your blood sugar too because they have phytochemicals as well as amino acids in them.

**4. Cranberries.** According to world renowned alternative medicine guru, Dr. Joseph Mercola, Cranberries work magic to keep blood sugar under control and to provide a quick fix for your sweet tooth. They help prevent urinary infections as well and just as colds and flus raise blood sugar, so can urinary tract infections so Cranberries are a definite good guy on the list.

**5. Raspberries.** Raspberries have a lot of fiber, the most of all berries, and therefore slow sugar absorption which keeps blood sugar down. If you are in the mood for a great tasting berry and want to keep your blood sugar down, this is a fantastic berry to reach for.

**6. Black Raspberries.** Black raspberries, like regular Raspberries, are rich in fiber and contain lots of anti-oxidants so they are a fabulous choice to eat in order to keep your blood sugar down.

**7. Blackberries.** Blackberries are so good for keeping high blood sugar at bay. They are said to possibly prevent Diabetes. They are chalk full of vitamin C and other benefits.

**8. Golden berries.** This energy superfood is rich in anti-oxidants and is an anti-inflammatory too. They help regulate metabolism and keep blood glucose levels down.

**9. Mulberries.** This yummy berry has just what the doctor ordered to lower blood sugar and keep you energetic and healthy. It is loaded with vitamin C, calcium, magnesium and iron, too. Plus it has polyphenols that are excellent for the heart's health.

**10. Sea Buckthorn Berries.** High in B-Complex vitamins as well as vitamins A, C and E, this awesome berry has cancer-fighting flavonoids, carotenoids and keeps blood sugar low too.

## Chapter 3: Eat Your Veggies to Keep Your Blood Sugar Low

### Veggie Tales

Vegetables are an excellent source of vitamins. They help keep the body healthy and fit. As with fruit, the best veggies to eat in order to keep your blood sugar low are those with a lot of fiber that are low on the Glycemic Index.

As stated on the informative website, MayoClinic.com, vegetables with soluble fiber help improve blood sugar issue. It is best to have fresh vegetables but those that are lightly steamed or cooked, especially with the skin on are good as well. You can also grill or broil them. If you boil vegetables, don't boil the vitamins out and you might consider using the water you boiled them in for some of the liquid in a recipe since it will have vitamins in it.

Vegetables that are cooked in heavy syrup or that are canned are the least desired. Do be careful not to add a lot of butter or sugar to your veggie dishes and that defeats the purpose for lowering your blood sugar. Now, let's take a look at the best veggies for keeping high glucose down.

### Top 20 Vegetables for Managing Your Blood Sugar

**1. Carrots.** Carrots are rich in fiber and are packed full of good nutrients like vitamins A, B, C and K. They also contain beta-carotene, an anti-oxidant and magnesium and folate. Diabetics tend to have eye problems associated with high blood sugar so Carrots are an excellent defense plus they are crunchy which makes them a great low-carb snack.

**2. Parsnips.** Although Parsnips are sweet, they are still an excellent food for balancing blood sugar and they are bursting with nutrients. High in fiber, Parsnips are full of phyto-nutrients and minerals too. They have tons of vitamins like B-complex vitamins such as folic acid, vitamin C and K. Carrots are overflowing with minerals and have a number of poly-acetylene anti-oxidants like falcarinol, panaxydiol, methyl-falcarindiol and falcrindiol which helps prevent cancer and other diseases and also fights free radical damage.

**3. Green Peas.** Green Peas are packed with great things that make them a top choice for controlling blood sugar. Along with having plenty of fiber and being loaded with vitamins, it has recently been discovered that they contain coumestrol which is a cancer-fighting phytonutrients. They also provide omega-3 and omega-6 fats even though they are low in fat.

**4. Romaine Lettuce.** Romaine Lettuce is a non-starchy vegetable that is very low on the Glycemic Index. It is high in micronutrients and fiber too. With a line-up of folate and vitamins A and K, you can't go wrong with this winner.

**5. Brussel Sprouts.** Brussel Sprouts are very high in fiber so they are excellent for keeping your blood sugar down and they have the ability to lower cholesterol too.

**6. Spinach.** Studies show that Spinach lowers blood sugar and is packed with nutrients like magnesium which is a mineral most Type 2 Diabetics are deficient in.

**7. Chick Peas.** Chick Peas are excellent for glucose level control. They are healthy and loaded with fiber.

**8. Lima Beans.** Lima Beans are considered a superfood by many because they are full of fiber and help to lower both cholesterol and blood sugar.

**9. Broccoli.** Broccoli is one of the best veggies for lowering blood sugar because it contains sulforaphane that has the ability to trigger several anti-inflammatory processes that lowers blood sugar and also keeps blood vessels healthy, thus protecting them from cardiovascular disease which is something that often goes along with Diabetes and blood sugar issues.

**10. Cucumbers.** Cucumbers are appreciated for their value in keeping skin healthy and also in aiding in constipation issues. Both can be common complaints for Diabetics so this is a wonder veggie for those working to control their high blood sugar and the symptoms that come along with it.

**11. Cabbage.** Cabbage is low in carbs and high in nutrients...just what the doctor ordered to lower high glucose. It is super rich in fiber and phyto-nutrients.

**12. Kale.** Kale is a superfood for those with high blood sugar. It has plenty of fiber. Fiber binds to bile acids and helps to lower glucose levels and cholesterol too. In addition, Kale has over 45 flavonoids which act as anti-oxidants, anti-inflammatories and buffer against diseases such as cancer.

**13. Sweet Potatoes.** Remarkably, sweet potatoes have a low GI level. They are packed full of vitamins and minerals including vitamin A which is great for the skin and eyes, both of which are often troublesome for Diabetics.

**14. Potatoes.** Regular potatoes are in the low-medium range when it comes to the Glycemic Index. But when eaten with their skin on, they are bursting with fiber which along with the nutrients they provide, make them very good for keeping blood sugar balanced.

**15. Cauliflower.** Cauliflower is one of the best veggies you can eat to keep high blood sugar away and to keep your body healthy. It has cancer-fighting nitrogen and sulfur compounds which include Glucosinolates that form sulforaphane, indoles and isothiocyanates that assist the body in fighting some cancers and decrease inflammation too.

**16. Okra.** Okra is regarded by many to be a vegetable that can actually prevent diabetes. Current studies are being performed to see if that belief is, in fact, true. By soaking okra in water overnight and drinking the liquid the next morning, many claim they no longer need insulin. Again, the results have not been confirmed but there is evidence to support that it might be so. What we do know is that okra is low on the glycemic scale and that it is abundant in fiber. It has vitamins A, B, C and K, as well as magnesium, manganese, potassium, zinc and copper.

**17. Tomatoes.** Tomatoes are rich in fiber and vitamin C. This red ruby is so loaded in good benefits like vitamins A and C and iron as well which tops it as a Diabetic superfood.

**18. Celery.** Celery is high in fiber that helps to keep your blood sugar low. The crunchy stalk helps satisfy cravings too.

**19. Bell Peppers.** Bell Peppers are a great source of fiber and other great things like vitamins A and C. They also contain phytochemicals like p-coumaric acid and chlorogenic acid which are extremely beneficial to the body, especially when high blood sugar is of concern.

**20. Green Beans.** Green Beans are rich in vitamin C which provides anti-oxidants to keep the body healthy and to ward off diseases and illnesses that can raise blood sugar. In addition, they contain neoxanthin, violaxanthin, beta-carotene and lutein, all which are very beneficial to the body. Green Beans are on the “must have” list when it comes to vegetables that keep blood sugar balanced.

## Chapter 4: Spice it Up: Herbs and Spices Conducive to Lowering Blood Sugar

### Put a Little Spice in the Dice

Spice up the way you control your blood sugar by adding herbs and spices to your foods. Not only do they make foods taste better, many are known to lower blood sugar too. Let's take a look at some of the star players.

**1. Cinnamon.** It has been proven that both whole and extracted Cinnamon has the ability to lower blood sugar. Cinnamon has been celebrated through the ages for its powers so this discovery comes as no surprise to many who sing its praises.

**2. Tumeric.** Tumeric is another super spice that can lower blood sugar. It contains some very important compounds that have the unique ability to defend the body against high blood sugar. Curcumin, mono-demethoxycurcumin and bisdemethoxycurcumin are among the near magical components.

**3. Cloves.** Cloves have been placed on this list because they are super rich in anti-oxidants and also act as anti-inflammatory agents which are priceless for Diabetics.

**4. Oregano.** The anti-oxidants in Oregano are so powerful they can fight off E-coli. It is imperative that Diabetics stay disease-free and free of infections as well so their blood sugar does not go up to dangerous levels so Oregano is very important in helping maintain this goal.

**5. Sage.** Sage contains phytosterols that helps reduce blood sugar build up and aid in digestion as well.

**6. Garlic.** Because Garlic contains sulfur compounds, it is very conducive to keeping blood sugar balanced. It helps in the dilation of blood vessels and also helps to metabolize iron which helps keep blood sugar levels from spiking.

**7. Basil.** Rich in flavonoids, Basil is fantastic to season your food with because it distinctly lowers blood sugar.

**8. Bilberry.** This European form of blueberries has a super dose of anti-oxidants and is excellent to use on foods for added flavor and excellent blood sugar benefits as well.

**9. Chamomile.** Chamomile actually takes sugar out of the blood and puts it in the liver for safe keeping. In addition, it is calming which reduces stress, a known culprit when it comes to Diabetes. Have a cup of Chamomile tea before bed and you will calm your nerves and lower your blood sugar at the same time.



**10. Dandelion.** Dandelion can be used in a tea, sprinkled on foods as a seasoning or eaten whole. They are rich in anti-oxidants and cleanse the body. In addition, they are great for weight loss which is very important for Diabetics and those watching their blood sugar levels.

## **Chapter 5: Unusual Foods and Drinks that are Unusually Good to Lower Blood Sugar**

Some foods and drinks help keep high blood sugar down may come as a surprise to you. Here are some that do a significant job at keeping glucose balanced.

**1. Coffee.** Caffeine intake can significantly lower insulin sensitivity which makes it very beneficial to keeping blood sugar levels balanced.

**2. Dark Chocolate.** Although chocolate has fat and calories too, dark chocolate is good for blood sugar balancing because it is rich in anti-oxidants and has caffeine.

**3. Chicory Seed.** Insulins in Chicory Seed have a certain effect on the endocrine system which lowers blood sugar.

**4. Purple Corn.** Although Purple Corn has not been proven to prevent Diabetes, it can help prevent kidney issues that go along with the disease which raises blood sugar.

**5. Grape Seed Extract.** Grape Seed Extract helps the intestinal absorption of sugar. Although eating them straight would work as well, it would take so much, the extract form is much more affective.

## Chapter 6: Meats and Proteins that Meet the Low Blood Sugar Goal

Meat is a great source of protein and everyone needs protein, especially those who are combating high blood sugar. Meats do not contain carbohydrates but they do sometimes have fat in them so it is good to go for lean pieces. Let's take a look at some of the best meats and protein for keeping high blood sugar down.

- 1. Lean Fish.** Loaded with protein and vitamin E and omega-3, lean fish is excellent for Diabetics.
- 2. Chicken.** Chicken, especially breasts, are rich in protein and low in fat.
- 3. Salmon.** Salmon is rich in protein and omega 3 fatty acids as well as vitamin D. It is a bit fatty but the protein and vitamins make up for that fact.
- 4. Eggs.** Eggs are an excellent source of protein.
- 5. Turkey.** Turkey is high in protein and has letein and zeaxanthin which fight disease.
- 6. Low-Fat Cheese.** Cheese is high in protein and if you choose the low-fat variety, is excellent to control high blood sugar. Aged cheese is the best as fermented foods have been proven to reduce excess sugar in the blood.
- 7. Tuna.** Tuna is packed full of protein making it a nice choice for controlling high blood sugar.
- 8. Hummus.** Hummus is basically mashed Chick Peas, rich in protein and an excellent snack or meal for Diabetics that is loaded with vitamins.
- 9. Pinto Beans.** Pinto Beans are rich in fiber and protein alike and have lots of vitamins as well.
- 10. Black Beans.** Black Beans help lower blood sugar and also support the digestive track.
- 11. Soy Nuts.** Soy Nuts contain lots of fiber as well as vitamins, minerals and protein too.
- 12. Lentils.** Lentils are a superfood for Diabetics with many micronutrients and vitamins, minerals and protein too.
- 13. Black Eyed Peas.** Black Eyed Peas have lots of fiber, protein and vitamins plus they have a lot of slow digestible starch which is, of course, the best kind.
- 14. Edamame.** Edamame is rich in fiber, micronutrients and protein as well.

**15. Falafel.** Falafel is absolutely loaded with good things like vitamins and magnesium, copper, zinc and tons of other minerals that make it a superstar protein for Diabetics.

**16. Tofu.** Tofu is packed full of nutrients like calcium, selenium, protein and so much more. It is a favorite in the health food industry and is great for lowering blood sugar.

**17. Nut Butter.** Nut Butter is an excellent source of protein as well as vitamins and minerals. Be sure to get the variety that is low in fat and does not contain added sugar.

**18. Orange Roughy.** With only 83 calories in a one serving, this high protein food is great for keeping blood sugar down and is packed with good things like omega-3.

**19. Shell Fish.** With omega 3 fatty acids and gobs of vitamins and minerals, Shell Fish are a favored way to pack in some protein that will help keep high blood sugar at bay.

**20. Turkey.** Iron, zinc and potassium grace this fine protein source. It is a great way to keep your sugar balanced and keep your body healthy and fit as well.

**21. Goose.** Goose is loaded with natural protein and packed with vitamins and minerals, conducive for a Diabetic diet.

**22. Veal.** Veal is a great way to get tons of vitamins and minerals and load of protein too. It is naturally low in fat content.

**23. Duck.** Duck is full of nutrients like calcium, potassium and sodium. Eat is wisely as it can be a bit on the rich side but the protein does make up for much of it.

**24. Lamb.** Rich in iron and other minerals as well as protein and vitamins too, lamb is great for Diabetics who are trying to keep their blood sugar down.

**25. Organ Meat.** Rich in iron and other vitamins and minerals, Organ Meat provides tons of protein.

**26. Cottage Cheese.** Low-fat cottage cheese is an excellent way to get protein and keep your sugar levels down while loading up on calcium.

**27. Pheasant.** Pheasant is a great source of vitamin B, protein and potassium.

**28. Cornish Hen.** A great source of B6, Cornish Hen is loaded with protein, niacin and phosphorus too.

**29. Flounder.** Flounder has protein, vitamins and fatty acids too. Calcium, iron and magnesium can be found in abundance in this fine fish.

**30. Soy Nuts.** Soy Nuts are high in fiber and vitamins. They are high in calories too so while they can be great to keep blood sugar down, eating them should be done in moderation.

**31. Tempeh.** This type of Soybean is extremely high in protein and is great to control blood sugar.

**32. Greek Yogurt.** A rich source of protein, Greek Yogurt is best with active probiotics in the mix.

**33. Low Fat Milk.** While Milk is great for protein and is rich in vitamins like D, do be sure to drink the low fat variety.

**34. Lean Beef.** Lean Beef is a great way to get protein and vitamins too as long as you get the kind without a lot of fat.

**35. Lean Pork Chops.** While some believe that Pork is off limits for Diabetics, if you choose the lean variety, Pork is a great source of vitamins and protein as well.

## **Chapter 7: 15 Delicious Recipes to Lower Your Blood Sugar**

Now that you have learned 100 foods that are good for your Diabetic Diet, it's time to put them into action. Here are some great recipes that can help you to lower your blood sugar without lowering your taste-bud standards.

### **Main Dishes**

#### **Orange Salmon**

Make a real splash with this meal that is so delicious you'll forget how healthy it is!

6 (6-8 ounce) salmon fillets (about 1" thick)

2 teaspoons of garlic powder

1 teaspoon salt

1/2 teaspoon pepper

1 Orange, cut into sections

3 Tablespoons chopped onion

2 Tablespoons chopped red onion

3 Tablespoons chopped bell pepper

3 Tablespoons lime juice

1/4 cup orange juice

Preheat the oven to 350 degrees. Season the fish then boil the onions and bell peppers with the juices until tender. Place half onto the fish. Bake until flaky then flip and add the juices to the other side and bake until flaky and tender but not dry, approximately 5-10 minutes on each side. Garnish with the orange slices.

#### **Island Chicken Delight**

If you are needing a dinner that takes you away from the daily grind, this is for you. Destressing is conducive to lowering your sugar and so are the ingredients in this scrumptious chicken dish.

6-8 (6 ounce) chicken breasts

Salt and pepper to taste'

3 teaspoons garlic powder

¼ cup of orange juice

3 Tablespoons of pineapple juice

Pineapple slices

Preheat the oven to 350 degrees. Season the chicken and then dribble the juices onto the top side. Lay the pineapple slices onto the top as well. Bake at 350° for 30-45 minute or until done.

### **Chicken in the Pot (A One-Dish Favorite)**

This meal is excellent for a family on the go that wants to control and healthy blood sugar balance.

8-10 chicken wings or drumsticks

1 (14.5 ounce can of stewed tomatoes)

1 cup of fresh okra (or frozen)

½ teaspoon of thyme (powdered)

½ Tablespoon of salt

1 teaspoon of pepper

1 teaspoon of garlic powder

4 dashes of hot sauce

2-2 ½ cups of hot cooked whole grain noodles or spinach noodles

Brown chicken in a non-stick skillet. Add remaining ingredients except for the noodles. Bring to a boil and reduce heat slightly. Let cook for 30 minutes or until done. Pour over noodles.

## **Crock Pot Turkey Tetellini**

Talk about hot to trot! This meal warms up your tummy and your spirits while lowering your blood sugar as well!

4 cups chicken or turkey broth  
4 cups of water  
4 cups of diced tomatoes  
2 Tablespoons Italian seasoning  
1.9 package of cheese Tortellini (refrigerated)  
2 cups fresh spinach  
1/2 cup of Parmesan cheese

Place broth, water, turkey, tomatoes and seasoning in a 5 quart crock pot. Cover and cook on lowest setting for about 8 hours or on high for 3-4 hours. Turn to highest setting for the last 30 minutes and add Tortellini until tender and then, stir in spinach and cheese.

## **Tuna Boats**

Avocado is amazing at keeping blood sugar balanced and tuna is a great protein that is conducive to low blood sugar as well. This is a fun meal that the kids will enjoy too.

6 avocados, peeled and sliced  
1 large can of tuna fish in water  
Several drops of lemon juice  
1 teaspoon mayonnaise



1 package of cheddar/Colby cheese

Mix the tuna, lemon and mayonnaise then dot each avocado half with some of it, sprinkle on cheese and place on a baking sheet in a 350 degree oven until lightly browned.

## **Veal Appeal with Mushroom**

Veal is a great source of protein and is packed with vitamins. It is super tender, too.

2 veal chops

6 Tablespoons olive oil, divided

$\frac{3}{4}$  Tablespoons butter

1 portobello mushroom, chopped

1  $\frac{1}{2}$  cups chicken broth

$\frac{1}{2}$  cup of red wine

1 teaspoon fresh rosemary, chopped

Heat 5 Tablespoons of the oil with butter over a medium heat in a skillet. Cook the chops in the oil until brown. Stir in mushrooms, chicken broth, rosemary and cover while simmering for about 8-10 minutes. Stir in wine then raise the heat. Cook

until half of the wine is evaporated, removing the chops if they seem to be done so they do not overcook. Return chops to the pan for one last minute.

## **Rice and Venison**

Game is a great source of protein so try this next time you have a good deer hunt.

1 pound of venison, cubed  
1 ½ teaspoons of coconut or olive oil  
½ green bell pepper, cut into strips  
½ red bell pepper, cut into strips  
1 chopped onion  
1 (6.8 ounce) package beef flavored rice

Heat the oil over a medium heat in a skillet and add the venison cubes and cook until browned. Prepare the rice according to the directions on the

Package and add the peppers, venison and onion. Simmer until both the peppers and rice are tender.

## **Vegetable Dishes**

Vegetables are usually loaded with vitamins, nutrients and fiber. Be sure to incorporate them into your diet with these delicious recipes.

### **Black Bean Bonanza**

Beans are a fantastic source of protein and fiber for Diabetics. Peaches are as well and are loaded with anti-oxidants so make this dish a side or a main, your choice.

1 (15 ounce can of black beans)  
1 jalapeno pepper, chopped  
Salt and pepper to taste  
1 Tablespoon flaxseed oil

3 scallions, chopped  
1 large peach, diced  
48 sweet potato chips

Combine all of the ingredients except for the chips. Serve in a bowl with the chips.

## **Broccoli and Rice Casserole**

Both broccoli and rice are excellent when working to keep your blood sugar down. This veggie dish is loaded with nutrients and is filling as well.

1 1/4 cup of brown rice (quick cooking)  
2 1/2 teaspoon of olive oil, divided  
4 cups of beef broth  
3 lbs. of fresh broccoli, cut  
1 can evaporated milk  
1 large onion, chopped or minced  
2/3 cheddar cheese, shredded  
1/4 cup fresh Romano cheese  
Squirt of dry mustard

Spray a 9 x 13 inch casserole pan with non-stick spray. Boil a pot of salted water while sautéing rice in 1 teaspoon of the olive oil in a Dutch oven over medium heat. Add the rice and cook for 1 to 2 minutes, stirring occasionally. Add the broth and

milk then bring to a good boil. Cover and simmer 20 minutes or until the rice is tender.

Turn off fire under the water. Add broccoli to it and let it sit for about 2 minutes then drain. Add the seasonings and sauté 2 minutes longer. Add broccoli and onion to the rice and then the remainder of the ingredients. Bake for 15 minutes.

## **Squash Casserole**

Squash is a superfood for Diabetics. This casserole dish is loaded with all the good things with none of the bad.

1 pound of fresh yellow squash, sliced thin

1/2 onion, chopped

1 1/2 Tablespoon butter

1 Tablespoon unbleached flour

1/2 cup of milk

1/2 cup of cheese

1/4 teaspoon salt

1/4 teaspoon pepper

1/2 cup whole wheat bread crumbs

Preheat the oven to 350 degrees. Boil squash and onion in a small amount of water for 5 minutes. Melt butter over low heat then stir in flour and gradually add the milk and stir until thickened. Remove from heat and stir in the cheese and seasonings. Add squash then transfer to a non-stick casserole dish or one that has been coated with a spray. Sprinkle on crumbs and bake for 25 minutes.

## **What's for Breakfast?**

Breakfast is a key time of day for Diabetics so be sure to eat something that will stabilize your blood sugar like one of these awesome picks.

## **Apples and Zucchini Muffin-mania**

Full of fiber and nutrients, start your day right with this great breakfast.

1/4 cup of coconut or canola oil  
1/3 cup of brown sugar, organic  
1/2 cup of unsweetened applesauce  
4 eggs  
1 Tablespoon vanilla  
1 cup unbleached wheat flour  
1 cup of oats, unbleached  
1 teaspoon of baking soda  
1/2 teaspoon salt  
1 1/2 teaspoon cinnamon  
2 teaspoons of baking powder  
2 cups of zucchini, shredded

Preheat oven to 350 degrees. Spray or line muffin tin and in a bowl, combine brown sugar, applesauce, vanilla and eggs. Mix well. Then in a large bowl, mix the flour, baking powder and soda, oats, salt, and cinnamon then make a well in the dry ingredients and add in the wet ones. Stir just until moist and add zucchini. Mix very gently and fill 12 tins. Bake for 30 minutes or until lightly golden on the top.

## **Down on the Farm Diabetic Egg Dish**

Eggs are an eggcellent source of protein. Protein is very important to stabilize blood sugar so this meal is fantastic for your first one of the day.

12 eggs

1/4 cup of milk  
1 cup of tomatoes  
1/2 cup of zucchinis  
1/2 cup of mushrooms  
1/4 cup of onions  
1/2 cup of bell peppers  
1/2 cup of yellow squash

Mix and pour into a non-stick skillet. When the bottom is done, flip and cook until to your desired consistency.

## **Fruit Dishes**

Fruit dishes can easily satisfy a sweet tooth and also provide vitamins, minerals and fiber to help you lower your blood sugar at the same time.

## **Fruit and Fiber Parfait**

This is a yummy way to get your fruit and fiber to lower your glucose levels and get a sweet fix at the same time.

6 cups of fresh fruit (mango, raspberries, peach, etc.)  
1/2 cup of sour cream  
1/3 mayonnaise  
1 teaspoon finely shredded lemon or lime peel  
2 Tablespoons of lemon juice  
2 Tablespoons powdered sugar  
2 Tablespoons of milk

Stir all but the fruit together until smooth and creamy. Gently mix with the fruit and refrigerate until ready to serve.

## **Almost Sinful Fruit Bowl**

You will never believe that this wonderful no-bake dish is Diabetic friendly because it tastes like it should be on the oust list.

1/2 cup of orange juice

1-2 sprigs of fresh mint

1 Tablespoon honey

4 cups of assorted fruit (berries, apples, kiwi, peaches, etc.)

Mix all but the fruit and mint together and then add in the fruit, place the mint on and chill.

## **Melon Kabobs**

Just because you're lowering your blood sugar doesn't mean you have to miss out on the fun. This fun fruit dish is extra delicious and fantastic for your sugar levels too.

2 cups of cantaloupe cut into cubes

2 cups of honeydew melon cut into cubes

1 1/2 teaspoons of fresh ginger

2 Tablespoons of honey

1/3 cup of lime or lemon juice

Combine all but the fruit then place the fruit on a skewer and drizzle the mix on to each piece of melon. Grill.



## **Chapter 8: Good Habits are hard to Break**

You no doubt have learned the hard way that bad habits are hard to break. But did you know that good ones are too? A habit is born when you do something over and over until it becomes second nature to you. You don't even have to think about it. You just do it.

Think of someone who smokes cigarettes. At first, he or she does so for whatever reason, be it that they want to look "cool" or peer pressure or perhaps just to calm their nerves. They have to concentrate on the act of smoking. They round up a cigarette, light it...inhale, exhale...it's almost exhausting and often times leaves the new smoker nauseated. But within no time, the act becomes habit...a very bad one.

Have you ever done something constructive that became a good habit? Maybe you determined that you would no longer take part in office gossip. Or, you set aside some time to volunteer for an organization. You repeated these acts over and over and soon, it just became something you did because you always do. Year after year you may work a soup kitchen at Thanksgiving. You don't even have to think about it or decide if you are going to this coming year or not. You know you will...it has become a habit.

Eating to control your Diabetes or other high blood sugar problem is the same idea. You will begin to really enjoy not only the taste but the way the good foods make you feel. No longer will you even want to grab a sugary donut for breakfast that spikes your sugar and leaves your health at risk. After all, you learn that doing so is not worth the way it makes you feel so poorly. You'd much rather have one of the many foods that make you feel great so you can love life.

Establishing great eating patterns that you repeat over and over will become second nature to you. Doing so will become your norm. That is how you will get into the good habit of eating food that are good for your sugar issues. And like bad habits bring bad consequences, good habits bring good ones. You will never, ever want to go back. Good luck and be well!

## Conclusion

Thank you again for downloading this book!

I hope this book helped you to learn more about blood sugar and why it is extremely important to keep it low in order to maintain or prevent Diabetes. But it's not enough just to know that you should, this book actually taught you how to do so and the 100 best foods that will assist you in your endeavor.

Whether you actually have Diabetes, Prediabetes, Low Blood Sugar or Insulin Resistance, keeping your blood sugar balanced and low is imperative. I hope that you now have a better understanding of how it all works and the control that you have to keep your sugar levels healthy.

Not only did you learn what foods are good for lowering your blood sugar, you learned what it is about each and every one that makes it so healthy for those with glucose issues. I hope that helped you with your new lifestyle change, eating to lower your blood sugar on a regular basis.

Just as bad habits develop over the course of time, so do good ones. As you incorporate the knowledge of the things in this book into your daily diet, eating to lower your blood sugar will become habit, a good habit. And good habits are as hard to break as bad ones are.

In addition, the recipes in this book will give you a great start to a healthier diet, one that will lower your blood sugar. Hopefully you tried these deliciously healthy tried-and-true dishes.

Now that you have learned all about how foods affect your blood sugar and have found out which ones help you to lower your blood sugar, it's time to put it into action so you can keep your health high and your blood sugar low.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

[Click here to leave a review for this book on Amazon!](#)

Thank you and good luck!



## **Check Out My Other Books**

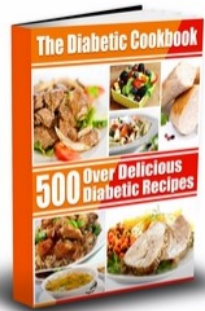
[DIABETES: The Worst 20 Foods For Diabetes To Eat And the Best 20 Diabetic Food List, Meals And Diabetes Menus To Lower Your Blood Sugar](#)

[DIABETES:The Top 60 Foods For Diabetic Living To Eat To Control Your Blood Sugar And Reverse Diabetes](#)

[Lower Your Blood Sugar:Top Powerful and Proven Ways for People with Diabetes, Prediabetes and Insulin Resistance to Lower Their Blood Sugar](#)

If the links do not work, for whatever reason, you can simply search for these titles on the Amazon website to find them.

Wait Before you Continue... . Make sure to download your FREE GIFT NOW! You get  
**Over 500 Delicious Diabetic Recipes In This Amazing Diabetic Cookbook** all for free.  
[Click here for instant access](#)



**"Get FREE Instant Access  
To Over 500 Delicious  
Diabetic Recipes In This  
Amazing Diabetic  
Cookbook + FREE Tips for  
a Diabetes Diet Email  
Series [\$97 Value]"**

When you sign up today, you Get all the above plus FREE  
Subscriber-only Diabetes diet advice, tips and tricks via email  
including a FREE Weight loss and exercise for Diabetes report.  
Get instant access now

**[Download Now!](#)**

[Get My Free Report Now!](#)

**[Click here for instant access](#)**